



Neuroscience-based
music listening therapy
created to help you achieve
optimal brain health



Welcome to The Listening Program

Our evidence-based, drug-free interventions support the brain through a natural developmental approach. The Listening Program® (TLP) is neuroscience-based music listening therapy that involves listening to acoustically modified music, personalized to improve your brain performance, at any age or level of ability, in as little as 15 minutes per day.

A Solution for You

The Listening Program offers listening training adapted to the needs of each person. Our programs offer solutions for the areas you're looking to improve:



Rehabilitation



Sensory Processing



Executive Function



Communication



Learning



Social & Emotional



Stress Management



Focus



Motor Skills



Memory



Wellness



Problem-solving



Sleep

What is The Listening Program?

Music has profound power in our lives. Our entire mood can be changed just by changing the music we listen to. Even our overall health can be affected. Music involves not only the auditory areas of the brain, but engages a wide range of large-scale neural networks, including your nervous system. Music touches us emotionally, mentally and physically.

The Listening Program music is not only effective but is a joy to listen to.

Enjoy your listening experience

The music is not only effective but is a joy to listen to. Created by the world's leading authorities in applied music effects research, TLP is designed to help improve overall brain health, sensory processing, achievement of developmental milestones, or lower stress levels. No matter your goals, The Listening Program and music listening therapy can provide the solutions you are seeking.

We're global


Used and trusted by hundreds of thousands of people in over 35 countries, TLP is offered through our international network of trained providers. Our providers work with The Listening Program in homes, schools, hospitals, therapy clinics, assisted living facilities, companies, athletic and music programs, and on military bases.

The Music of The Listening Program

The brain is musical; neuroscience has proven through functional brain imaging that when we listen to music, virtually the whole brain is involved.

Music listening not only involves the auditory areas of the brain, but also engages large-scale neural networks including; prefrontal cortex, motor cortex, sensory cortex, auditory cortex, visual cortex, cerebellum, hippocampus, amygdala, nucleus accumbens, corpus callosum, autonomic nervous system, vestibular system, and the enteric nervous system.

The Listening Program music helps conduct the neural symphony, connecting the most ancient parts of the brain to the most advanced.



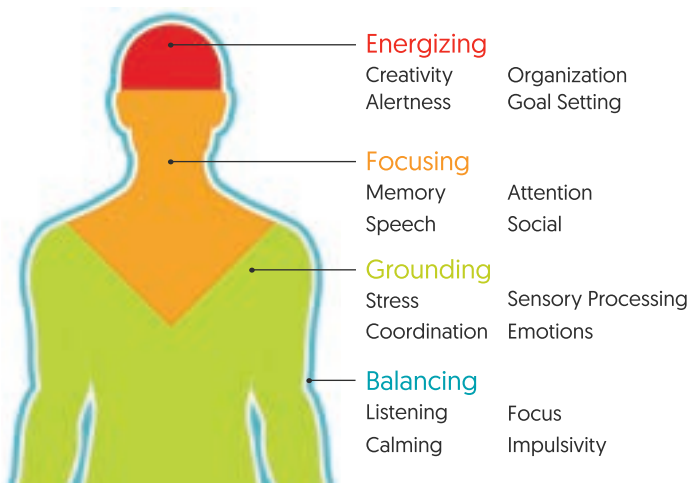
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Music That Works

The foundations of The Listening Program are the beautiful and original classical music recordings, performed by the award-winning Arcangelos Chamber Ensemble. The music was recorded in High-Definition audio for sound that most closely matches a live performance, and utilizes proprietary Spatial Surround® production process, exclusive to The Listening Program. This technology envelops the listener in a full 360 degree listening experience and was developed to emulate the natural environment to provide more complete and effective listening training.

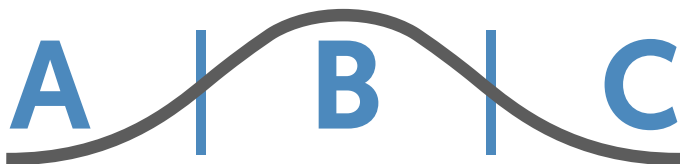
Training Zones

Sound frequencies affect different areas of human brain function and performance. TLP music is engineered to train the four brain training frequency zones across the spectrum of human auditory perception, supporting bottom up [sensory input] and top down [perception and response] brain functions; green, orange, red and blue. Each music module is color coded according to its corresponding zone.



The ABC Modular Design

The Listening Program's proprietary ABC Modular Design™ guides the listener through multiple levels of sound training each session, enabling you to effectively exercise your brain with the provided "warm-up," "workout" and "cool-down" music phases.



The Listening Program music is divided into 9 or 15 minute modules. Within these modules, the first phase, "A," relaxes the listener and prepares the brain for the more intensive stimulation of the "B" phase. The listener is then returned to a focused/relaxed state during the final "C" phase.



Ways to Listen

TLP Systems

Customize a music listening therapy plan centered around each person's goals. **Start with a TLP System** and expand on the benefits of their brain training with all four TLP Core Programs, Supportive Music Playlists, and Waves air & bone conduction headphone audio system.



TLP Online

TLP Online is the online subscription-based program that allows you and your family to enjoy all the benefits of The Listening Program. With individual and family plans available, custom programs can be created for each member of the family, personalized to their goals. Access your listening from any web connected device, such as your computer, tablet or smart phone, with the free companion iOS and Android apps.



Solutions for a better life

Your provider will customize a music listening plan based on your goals. You'll begin with the recommended core program(s), and supportive programs can be added to expand on the benefits of your brain training.

TLP Core Programs

SPECTRUM

Helps individuals to find comfort in their environment through improved emotional regulation, calming, and supporting development of fine & gross motor skills.

ACHIEVE

Intended to support improved memory, learning & communication skills as well as refine executive thinking and decision making.

LEVEL ONE

Offers advanced listening training to build upon the focus areas of SPECTRUM and ACHIEVE to continue the development of and maintain benefits. LEVEL ONE includes music blended with nature sounds in addition to music only.

iNTIME

Stimulates focus, adaptive responses to stress and increased brain-body connection using rhythmic music listening therapy with adaptive movement activities incorporating the body, drum and voice.

TLP Supportive Programs

SLEEP GENIUS

Sound-based sleep aid with music and neurosensory sounds for sleep management. Sleep Genius includes:

- 4 Sleep Programs
- Power Nap program
- Relaxation program

SOUND HEALTH

Specialized classical music recordings intended to support learning, brain development and well-being; from birth through adulthood. Sound Health includes the following albums:

- Music to De-Stress
- Music for Inspiration
- Music to Relax
- Music for Motivation
- Music for Thinking
- Music for Concentration
- Music for Learning
- Maximum Focus
- Music for Productivity
- Peak Performance

MUSIC FOR BABIES

Award winning Music for Babies™ includes classical music, folk tunes, lullabies and nursery rhymes specifically arranged to enhance a baby's brain development while providing a nurturing environment. Music for Babies includes the following albums:

- Sleepy Baby
- Cheerful Baby
- Peaceful Baby
- Playful Baby

TLP SPECIALIZED

Supplemental programs targeted to specific frequency zones to support Core programs, for headphone training, and an adjunct to therapeutic activities.

WAVES™

Get the most from your listening experience

WAVES is a multi-sensory audio headphone system with bone conduction technology, which was created to enhance the delivery of The Listening Program®.

WAVES accelerates and expands the benefits of your listening practice!

By using the two natural modes of hearing—through your ears (air conduction) and through your head (bone conduction), WAVES offers a deeper, more immersive listening experience than conventional headphones can provide.

Benefits of Bone Conduction

Supports stress reduction and regulation of the “fight or flight” response, to help achieve a state of calm and relaxed/alertness; especially helpful for people with sensory sensitivities.

Two modes of listening help improve sensory awareness, supporting brain functions responsible for posture, balance, muscle movement, and motor skills.

Using The Listening Program® with combined bone and air conduction offers internal and external sound stimulation, which increases vocal awareness and supports the development and refinement of language and communication skills.





Keep your beat with inTime

Created by the experts, **inTime** is the only rhythm-based music listening therapy, featuring an organic compilation of original compositions. inTime is based on a blend of world music with diverse percussion, string, and wind instrumentation, which accents the power of rhythm and sound frequencies. inTime provides a personalized program of listening training and fun movement activities, using body, drum, and voice to help you keep your beat, and flow with the rhythms of daily life.

Rhythm and your brain

Your brain health and brain-body connection depend on rhythm. Neuroscience has proven that music engages more brain areas than anything else, and rhythm is the most important, fundamental aspect of music. Children, teens, and adults can engage with the rhythm-based music of inTime to help stimulate rhythm awareness, focus, timing precision and adaptive responses to stress, all of which supply your brain with the highest quality of stimulation it needs for optimal function. As brain health and the brain-body connection improve, these abilities improve as well.

The music of inTime

The original world music of inTime is entirely composed and played by Nacho Arimany. Recordings were done in High Definition sound within natural acoustic spaces. The signature inTime sound was created using over 100 instruments from cultures and regions around the globe; from west Africa to the Middle East, and South America to Asia. Combined, they create the beautiful, powerful, and effective music of inTime.



Get Started

Getting started with The Listening Program is as easy as speaking with your provider. Your provider will assess your needs and goals, and help you get set up with the right programs to meet those goals.

When you're ready to start listening, they will develop your personalized listening schedule, monitor your progress, and make adjustments as needed to ensure you are getting the best results.

The beautiful music makes your daily listening an activity any age will enjoy.

Listening is easy and enjoyable



Put on your headphones



Press play



Complete daily listening

About Us

Advanced Brain Technologies (ABT) was founded by Alex Doman in 1998 to be the leading neurotechnology company that develops innovative neuroscience-based music programs created to improve brain function for people of all ages. ABT builds on the Doman family's three generation, 75-year history of pioneering contributions to the field of human development and brain enhancement.

Our Products & Services



Making a difference

From original psychoacoustic music production, advanced audio engineering, cloud-based platform technologies, mobile app development, and research and education, we are passionate about creating amazing products that delight and make a meaningful difference in the lives we touch.



Advanced products

We are the creators of the world's most innovative neuroscience-based music programs for optimal brain health and functioning. ABT's family of products are for children and adults and includes The Listening Program, Sleep Genius, BrainBuilder, Sound Health, and Music for Babies. Our evidence-based, in-home interventions offer a natural approach to developing and strengthening neural networks in the brain.



Backed by science

Our programs and products are based on decades of research and development. Evidence-based, the efficacy of our products has been demonstrated for a wide range of uses in children and adults with over 20 independent studies and counting.



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